



## Unicoi County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Unicoi County School System.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Unicoi County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include wellness, nutrition, physical education/physical activity, health services, staff wellness, healthy school environment, and mental health policies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$78,616.57.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Mountain States Foundation                     | ➤ Unicoi County Health Department                                 |
| ➤ Rotary Club                                    | ➤ Prevent Blindness Tennessee and Gift of Sight Programs          |
| ➤ Feed the Children                              | ➤ HOSA classes  |
| ➤ Unicoi County Long Term Care                   | ➤ Foster and Adoptive Connection and Barnyard Blessing Ministries |
| ➤ Children's Advocacy Center                     | ➤ ETSU's Rural Health students                                    |
| ➤ ETSU's Department of Allied Health Sciences    | ➤ Beyond The Bell   |
| ➤ Eating Disorders Coalition of Tennessee (EDCT) | ➤ Frontier Health   |
| ➤ Erwin Dental Associates                        | ➤ Wal-Mart  |
| ➤ Second Harvest Food Bank                       | ➤ The Relative Caregiver Program                                  |
| ➤ Associated Therapy Services                    | ➤ Unicoi County United Way  |
| ➤ Town of Erwin                                  | ➤ 20 local churches   |
| ➤ United Way                                     | ➤ 31 private citizens   |
| ➤ Ayers Foundation                               | ➤ 7 local businesses  |
| ➤ PTO's/PTA                                      | ➤ Limestone United Methodist Church                               |
| ➤ Girls on the Run                               | ➤ YMCA  |
| ➤ Unicoi Elementary PT                           | ➤ Unicoi County Memorial Hospital                                 |
| ➤ UT Extension                                   | ➤ 4 Northeast State Dental assistant students                     |
| ➤ RAM (Remote Area Medical) Health Expedition    | ➤ Unicoi County Sherriff's Department                             |
|  | ➤ Erwin Police Department Shelter                                 |

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include school health screenings, Families Friendly Advisory Team, community wide “U-Count in Unicoi County” campaign, Community Day of Action, Healthy School Teams, and the School Health Advisory Council. Currently, 83 parents are collaborating with CSH.

Students have been engaged in CSH activities such as United Way “Living United” campaign, Child Health Week, health fairs, Prom Promise production, nursing education classes, and completion of a “student friendly” website formed specifically for Unicoi County students. Approximately 145 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Unicoi County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,065 students were screened throughout the 2010-11 school year and 14 referrals were made as a result of those screenings;

Students have been seen by a school nurse and returned to class – 10,992 student visits to school nurses and students were allowed to return to class 8,209 times;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Unicoi County students BMI data shows that 1.7% of our students are underweight, 57.7% have a healthy weight, 16.9% are overweight and 23.7% are considered obese. However, we have seen a .3% decrease in underweight students, a 7.5% increase in students with a healthier weight, a 4% decrease in students overweight and a 3.3% decrease in students considered obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, comprehensive health education curriculums, climbing walls, playground equipment, physical education equipment and supplies;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Play Therapy and Beyond: Treatment and Techniques and Strategies seminar, What Color is Dead conference, TAHPERD and AAHPERD memberships, TAHPERD annual conventions, Sharing the Wealth conference, Greene County schools physical education workshop, bullying – How do we address the problem conference, reality therapy training, and Asperger’s Syndrome conference;

School faculty and staff have received support for their own well-being through partnerships with the local YMCA membership discounts, Unicoi County Memorial Hospital screening discounts, providing health screenings, tools for tobacco cessation program weight loss programs and health care need programs in general.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – monthly health education materials distributed to students and parents, promotion of educational workshops, activities all geared toward student health, multiple partnerships focused on health education, incorporating health education into academic learning;
- Physical Education/Physical Activity Interventions – Blue Cross/Blue Shield Walking Works for Schools, physical education curriculums, Jump Rope for Heart program, ETSU Fit Kids program, promotion of National Let's Move week;
- Nutrition Interventions – Second Harvest Food Bank partnership, community partnership for a summer food backpack program, Dining with Diabetes, a universal free breakfast program is in place system-wide, no deep fryers used within the system;
- Mental Health/Behavioral Health Interventions – partnerships with Frontier Health which provides mental health counselors to 2 of our schools. Additional partnerships with Youth Villages, Feed the Children, Eating Disorders Coalition of TN and the Children's Advocacy Center.

In such a short time, CSH in the Unicoi County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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